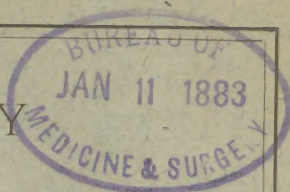


A HISTORY



OF THE

HOT SPRINGS

OF ARKANSAS,

TOGETHER WITH THE CHARACTER OF THE CHRONIC DISEASES,
FOR WHICH THESE WORLD-WIDE, CELEBRATED, SALINE
THERMAL (HOT) SPRINGS ARE SPECIALLY CALCU-
LATED TO CURE, WITH REFERENCE AS TO OTHER
HOT SPRINGS OF EUROPE, APPROXIMATING
IN CHARACTER.

HOW TO GET THERE!

—AND—

Much additional matter which will interest the Invalid and Tourist.

—BY—

ORIN E. NEWTON, M. D..

CINCINNATI, O.

—:O:—

CINCINNATI:

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HOT SPRINGS, ARKANSAS.

We copy the following article, by one of our most distinguished physicians and surgeons, formerly editor of the Cincinnati *Lancet and Observer*, Professor in the Miami Medical College, * * Professor at the University of New York, at Utica, Professor E. B. Stevens, who, after visiting these springs and making a full examination, read the following paper before the Ohio State Medical Association, June, 1876, at Put-in-Bay, and published in the transactions of 1876, from which I make the following extracts:

The main street of the city occupies a narrow valley, which has Hot Springs Mountain on the east, and a similar mountain on the west. These two mountains run almost parallel, north and south, for nearly a mile. Traversing this valley there is Hot Springs Creek, a rapid stream that serves as an open sewer for the valley, with its hotels, stores, shops, saloons, bath-houses, etc.

From the west side of Hot Springs Mountain gush out the thermal springs, perhaps about fifty in number, and they have a temperature of from 93° to 150°. This hot water is utilized by being conducted in iron pipes to the various bath-houses, which are conveniently located along the margin of the creek at the base of the mountain.

CLIMATE.—The climate here is delightful; nowhere in this country can it be surpassed, either for the invalid or for the well person. There is, to be sure, a long warm season, with very little winter. But not only is this long stretch of warmth desirable for the invalid, but it is wonderfully relieved, both for the sick and well, by the refreshing nights. It is very rare that blankets will not be required before morning.

CASES.—Almost every form of chronic ailment comes here for treatment. But especially chronic rheumatism, syphilis, cutaneous diseases (both simple and specific), neuralgia and various nervous affections make up the great bulk of those who seek relief at the Hot Springs. And I am now prepared to report that a *very large per cent.* of these patients go away either absolutely cured or greatly improved; and this result is to be coupled with the other fact that *almost all* of these patients only come here after persistent and long time treatment at home by the ordinary legitimate modes.

MODE OF USING THE WATER.—The bath-houses are fitted up so that:
1st. You can have a general bath in the tub, the temperature being under control by hot and cold faucets, and this temperature is directed by the physician just as he writes a prescription to the druggist—both as to degree of heat and time to stay in. When the patient comes out he is wiped and rubbed and shampooed very vigorously by the bather. Or, second, there

is an apartment for a hot vapor bath. The patient usually enters this after a brief stay in the tub. The temperature of the vapor is about 105° to 110° , and the patient remains in the vapor three to five minutes. Or, third, after the vapor, sometimes the patient is put in "pack," to encourage very profuse sweating. This consists of putting the patient back in the tub and wrapping him well up with blankets.

RATIONALE OF CURATIVE EFFECTS.—It is quite certain that the hot water, as it first gushes from the springs, is quite different from the same water cooled and subsequently reheated. But, aside from these considerations, the use of pure water of various temperatures—cold, tepid and hot—or of medicated waters, is as old as medicine—as old as revelation. Undoubtedly, the use of this hot water, either with or without medicine, has been thoroughly systematized at this place. The patient, of course, has the advantage of cleanliness, and the skin is soon placed in its most healthy condition; processes of sweating, together with the rubbing, kneading and shampooing, encourage processes of *absorption and elimination*; the skin, the kidneys, probably all the secreting organs, are brought into lively action.

Then, too, the strict attention which most physicians here enforce as to diet; the restraint from various dissipations, late hours, and fashionable excesses, all contribute largely to favorable results. So, too, the entire change of habits, change of climate, freedom from care, and novelty of scenery, all these doubtless have their share in the results which are observed.

THE AMOUNT of this hot water which a person may comfortably drink is wonderful; with most persons hot or tepid water produces nausea and vomiting if taken into the stomach freely. This thermal water produces no such effect, a person may absolutely fill his stomach to repletion without discomfort. Indeed, it speedily commences to pass away again by the kidneys.

THE ALCOHOL AND TOBACCO APPETITE.—There is no question but that the poor unfortunate victim of appetite, either of *whisky or tobacco*, or both, *can, if he really desires*, overcome these appetites easier here than any place in the world.

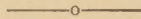
The free use of the baths, and drinking the water, not only tends to a rapid elimination of these poisons which have accumulated in the system, but at the same time actually *suspends the desire for their use*, so that the familiar phrase at this place, of "boiling the whisky out of a man," is literally accomplished. I have seen this verified so positively that I deem it very important to present to the profession.

Indeed I have seen patients under treatment for various chronic diseases who have assured me that immediately after commencing the use of the waters that one of the incidental results was to *completely suspend all desire for alcohol*.

As very many intelligent physicians are skeptical as to the value of the Hot Springs, I have been somewhat guarded both in making my observations thus far, as well as in the foregoing record. I only in conclusion fortify my views with a quotation, bearing upon the subject, from that very excellent authority, Mr. Fuller, in his well known work on Rheumatism. [See page 332, Philadelphia, Ed. 1864].

"Under these circumstances, says Mr. Fuller, recourse must be had to the various thermal springs, with which nature has endowed both this country and the continent, as if for the relief of the disease in question (rheumatism). When everything else fails, they not unfrequently afford extraordinary and permanent relief. Whatever the *modus operandi* of the waters, their free use, both internally and externally, exercises a beneficial influence, which is in vain sought from medicine and bathing in other places. The effect produced is at once sedative and tonic. The pain-worn sufferer, irritable and anxious, repairs to the springs unable to sleep, and troubled with dyspepsia, connected with a sluggish condition of the skin, liver, kidneys and bowels. After ten days, or a fortnight's trial of their virtues, he begins to find himself less irritable, less anxious, and less wakeful; he sleeps more soundly, and feels more refreshed by his sleep, his digestion improves, the whole system is invigorated, and after a time, the excretory organs act so much more efficiently that it becomes necessary to have recourse to medicines for their relief. Coincidentally with this increased freedom, in the various channels by which the excretions are carried out of the system, and with the greater purity of blood which consequently ensues, there is observed a decrease in the articular symptoms, which arise, as I have shown, from a vitiated condition of the circulating fluid. There is no fresh accession of pain, or inflammation, no recurrence of synovial effusion, no increase of thickening about the joints. On the contrary, the enlargement gradually subsides, and by the assistance of the water, applied in the form of douche, whereby local friction is combined with fomentation, the stiffness disappears and the patient, to a great degree, regains his former activity.

"It might be supposed that the importation of the various waters would render a visit to their source unnecessary. But such is not the case. The natural waters may be taken regularly at home, and diligent use may be made of baths containing the same constituents in solution, but the effect is far different from that observed during a residence at the springs. The vast importance of the total change of scene, and air, and habits, consequent on a visit to the English or Continental watering places, can hardly be over-estimated; a new stimulus is imparted to the system, the organic functions receive an impulse which cannot be communicated to them in any other way; and remedies which have proven *unavailing at home, very shortly become active agents for good.*



NUMBER OF VISITORS YEARLY.

Since 1865 the average number of visitors at the springs has been ten thousand seven hundred per year, and of these about seventy-five per cent. have been radically cured of the diseases with which they were afflicted. A description of the most conspicuous cures effected would seem to border so much upon the field of exaggeration that they cannot be credited save by those who have seen them.

HOT SPRINGS, ARKANSAS.

*History of the Springs—Their Curative Qualities.—“Rahl”
Hole, Corn and Mud Baths, &c.*

—: SOMETHING TO SEND HOME. :—

(From Mr. Charles Cutter's Book.)

The Hot Springs of Arkansas have the merited reputation of being one of the wonders of the world, and will pay a visit for pleasure and sight-seeing alone.

The springs are situated on the mountain, the creek, and in the valley of the same name, fifty-five miles south-west from Little Rock, the capital of the State, and is in direct connection with all parts of the country by rail.

The curative qualities of these waters are sufficient to give them a world-wide reputation. There are hundreds of thousands of afflicted human beings, whose diseases have baffled the most skillful physicians, that can, with the intelligent use of these natural medicated waters, be cured, and return, a blessing to their homes and families. It is conceded that these springs, for many diseases, far excel Baden-Baden and all the celebrated springs of the new and old world.

They issue forth from the western slope of the Hot Springs Mountain, (a spur of the Ozark Mountain), at an elevation of 1,300 to 1,400 feet above the level of the sea, the most of them from 50 to 100 feet above the level of the valley, and a few near the margin of the creek.

In 1876, Prof. D. D. Owen, in his report, only gives forty-two as the whole number of springs, and old citizens inform me the number has increased one or two annually for several years, and now they number fifty-seven. They have a temperature ranging respectively from 93 deg. to 150 deg. Fahrenheit and make a natural discharge of three hundred and thirty-five gallons every minute.

If these waters were concentrated, they would supply 19,296 persons daily, allowing twenty-five gallons for each individual.

The pools known as Rahl-holes, Corn and Mud baths are supplied by two streams of water; one hot, direct from one of the springs; the other cold, from what many suppose to be cold springs, but they are only pools of water of low temperature, cooled by being exposed to the air, and by continuously seeping into and flowing from these pools, they appear very much like regular springs.

These Rahl-holes, mentioned above, are enclosed by a common board fence, to screen the bathers from public view, and are resorted to by hundreds. Some very remarkable cures have been effected by bathing in these pools and drinking the hot water, without the advice of physicians or the use of medicine. Any one who will visit these pools a few times, and see the unfortunate human beings who bathe in them, will at once be impressed with the importance of some charitable institution, which should be sustained by the State or general government, where these unfortunates can be provided with proper treatment.

The waters from the springs flow into a beautiful mountain stream, twenty to thirty feet wide, and cause a slight vapor to rise from its surface. In the hottest springs an egg can be cooked in fifteen minutes. All the springs on the east side of the creek (with one exception) are hot, and all on the west side (except the Alum spring) are cold.

Scientists have estimated, from physical evidence everywhere to be seen in the vicinity of the springs, that they have been flowing for twenty-three hundred years.

So many of the springs are at an elevation of 50 to 100 feet above the valley, that a large supply can be had for the highest buildings that are now (or may be) built in the valley; and the convenience of having a bath in the rooms of the invalid will some day be enjoyed.

The Indians who inhabited the whole western and southwestern country were all familiar with the curative value of these waters. Most all the tribes of the Mississippi basin sent bands of their sick to these springs to be cured of diseases that their greatest medicine men were unable to control. They would live a camp life in the valley, and bathe in the pool of hot water, until all were able to return to their respective tribes. It was not an uncommon sight, as late as fifty years ago, to see Indians here from a half dozen different tribes. Many romantic traditions have been handed down by these aborigines, and many suppose they are the Fountain of Youth for which Ponce D'Leon searched in vain throughout Florida and the South.

D. D. Owen, in his report, says of these springs: "I have been repeatedly asked to what I attribute these medical virtues of these waters. I reply, mainly to their high temperatures. Here, at the Hot Springs of Arkansas, there is the most abundant supply of water at a scalding temperature; several of the springs ranging at the fountain-head as high as 148 deg. of Fahrenheit's thermometer, the waters of which, after being conducted in open troughs, down the hillside to the reservoirs above the bath houses, and standing some time, are just as hot as the skin can bear; and the waste water, conducted under the adjoining vapor bath houses, sends up a steam, through the lattice floor, of a temperature so hot that few can endure it. If then, the Warm Springs of Virginia, which have a temperature of only 96 deg. to 98 deg., exercise, as experience has proved, a most potent effect in the cure of many diseases, "mainly by their temperature," how much more positive must be the effect of waters of so much higher temperatures; especially when a stream of it, in diameter as large as a man's arm, can be directed at pleasure, with great force on any organ.

"In many forms of chronic diseases especially, its effects are truly astonishing. The copious diaphoresis which the hot bath establishes, opens a main channel for the expulsion of principles injurious to health, made manifest by its peculiar odor; as a similar effect, in a diminished degree, is also effected by drinking hot water—a common, indeed, almost a universal practice among invalids at Hot Springs.

"The impression produced by the hot douche, as above described, is indeed powerful, arousing into action sluggish and torpid secretions; the languid circulation is thus purified of morbid matters, and thereby renewed vigor and healthful action are given both to the absorbents, and to the excretory apparatus—a combined effect which no medicine is capable of accomplishing.

"Silica and carbonate of lime, the most abundant mineral constituents of the hot springs, can have comparatively little specific action on the animal functions. The carbonate of alkalies present, proved by the distinct alkaline reaction of the watery solution of the solid contents evaporated to dryness, cannot be without their therapeutic effects, in common, however, with a great many of the well and spring waters of southern and middle Arkansas, which also contain some alkaline carbonates."

Morman, in his "*Mineral Springs of North America*," devotes about four pages to the Hot Springs of Arkansas, from which I will quote the following:

"As a stimulant, when taken internally, it arouses the absorbent and secretory system, stimulates the hæmic glands, produces more rapid metamorphosis, and alterative action is the result. The water is easily assimilated and brought rapidly into the circulating system, thus producing, when elaborated, an active eliminative agency. Thus we have all the blood-making organs aroused by the pure, tasteless, inodorous, natural stimulant through the medium of the blood. It rapidly courses through every part of the circulation, and if no organic disease exists, the efficacy, as an adjunct, in the treatment of all blood diseases, is sometimes truly marvelous. In uterine diseases, as a class, these waters are unrivaled in efficacy. In that the tedious form of chronic metritis, where ulcerative action ensues, and neuralgia and functional difficulties follow, no agency can be made more valuable to the sufferer."

"Where sterility is alone functional, the causes can generally be relieved by the judicious use (internally and externally) of the waters. Cutaneous diseases, the opprobrium generally of the medical profession, especially when of a specific type, are treated here with the greatest advantages, not only from the agreeable detergent action of the baths, or the maceration of old morbid surface-tissues that are cleansed, but in the treatment of all skin diseases, where we find integumentary alterations or lesions existing, the natural tepid, warm and hot baths in efficiency cannot be excelled. In all rheumatic conditions of the system, after the acute or inflammatory action subsides, the thermal waters enjoy great celebrity for their good qualities and curative properties. In the treatment of gout and gouty rheumatism, the waters have like reputation in controlling the diathesis, if persistently used as directed. As a remedial adjunct in the treatment of scrofula, syphilis, mercurio syphilis,

mercurial diseases and climatic (malarial) ills, where prompt, depurative and eliminative agency is demanded, these waters have no superior, in fact, stand unrivaled in combined properties for that agency.

Walton, in his "Mineral Springs of the United States and Canada," first gives the location, post office, access, hotels, &c., then the analysis of the water, as given by Prof. E. Hill Larkin, (to be found in the chapter devoted to the springs.) The following I will quote in the language of the author:

"These waters resemble the waters of Gastien in Austria, and Pfeffers in Switzerland. Properties: they are very highly esteemed, and deservedly so, in the treatment of chronic rheumatism, gout, contractions of joint, secondary and tertiary syphilis, and neuralgia. In paralysis, unaccompanied by organic lesions, they are of considerable utility as auxiliaries. In darts diseases of the skin, functional diseases of the uterus, and chronic poisoning by metals, either lead or mercury, they are efficient.

"How do these waters act? Having a continuous flow of three hundred and sixty gallons per minute, and ranging in temperature from 93 deg. to 150 deg. Fahrenheit, we would expect favorable results from their judicious use; and we are not surprised to learn of cures under their employment that have resisted all other modes of treatment. It is asked, "Why not use hot water at home?" Because it is impossible to procure it in sufficient quantity and of uniform temperature. Some consider that terrestrial heat possesses peculiar properties, rendering it more efficient than artificial."

AS A RESORT FOR INVALIDS

The Hot Springs of Arkansas stand without a rival. At no place in the known world can so many diseases be effectually cured or greatly benefited. Within the last ten years, over ten thousand people have been cured of diseases that the most skillful physicians of our land considered past recovery. The wonderful cures performed by the use of these thermal waters are truly miraculous; they almost require ocular evidence to be credited. Language that would only do justice, seems exaggeration.

Whilst it is admitted that all who come here are not cured—for it must be remembered that with a majority of cases every remedy is tried before they come to the springs—yet it is believed that ninety out of every hundred are cured or benefited.

Hundreds come here every year to die, expecting only a little longer lease of life, but to their great surprise they are cured, and joyously return home to their families and friends. Too much cannot be said to induce those suffering with diseases that can here be cured, to come and try the efficacy of these waters. Delay is death, or worse than death with many, causing untold misery to their posterity for ages to come.

One of the great objects of the author is to herald far and wide the great benefits to be derived by suffering humanity by the intelligent use of these waters.

No one can come to Hot Springs without receiving a good moral lesson. Parents would do well to send their wild boys to this school. If they would not learn wisdom here, there is but little hope of preventing the sowing

their wild oats. The very restraint I now feel in writing plainly all I would wish to say on the subject, is the cause of much of the misery in the world. Parents, be candid, and speak freely to your children; do not allow them to suffer through ignorance.

HOT SPRINGS AS A RESORT FOR LADIES.

When the beautiful ladies, and those who would be beautiful, fully understand the effect of these thermal waters upon the skin and complexion, their numbers will increase yearly, until thousands, who have ruined their complexion by the excessive use of cosmetics, will visit Hot Springs to renew the beauty of youth, and regain a clear and fair complexion. The writer had the pleasure of meeting a lady from Ohio, who accompanied her sister to the springs, who had been a sufferer for many years with rheumatism. She herself, had been troubled with nervous headaches, and was advised to bathe. She did so, and after taking one course of baths, had gained eight pounds in weight, and looked as fresh as a lady of thirty-eight. Her complexion was made fair, her hair soft and pliant, to the surprise of all who knew her. Her age was fifty one.

Those who feel the heavy hand of time being placed upon them, and their looking glass revealing wrinkles, moth-patches, etc., can, by bathing in and drinking of these waters, so improve their complexion as to appear several years younger than their actual age. Young ladies who, by sickness or other causes have lost their youthful beauty, after the free use of these waters come out as fresh as a rose. The complexion of all, old and young, male and female, are thus improved. Of late years there has been a large increase of lady visitors, and the treatment of many female complaints has proven the efficacy of these waters in that line of diseases. For the grand climacteric change of life, these waters are regarded with particular favor. Where sterility is a consequent of functional disorder (the most frequent cause) the baths are of great importance. Uterine diseases, as a class, especially leucorrhea, have been very satisfactorily treated. Owing to the great relaxation of the system, improvement is not always evinced by the bath, but they greatly improve the health and after a return home and a sufficient time has elapsed, they express themselves greatly gratified with the result.

As a resort for ladies, the Hot Springs are increasing in favor, and many gentlemen now bring their wives and daughters with them. Last season a large portion of the visitors were of the first society of the United States, north and south, and not a few from Europe. This class of visitors will be much larger this year than ever before, as the accommodations at the hotels and bath houses are vastly superior to anything expected. The best hotels now have bath houses connected with them, having separate apartments for ladies.

Ladies need have no delicacy in visiting these springs; that day is past, and the time will soon come when Hot Springs will not only be an invalid's retreat, but a fashionable watering place, and could be made the prettiest in the land.

HOT SPRINGS, ARKANSAS.

HOW TO GET THERE.

(Correspondence Cincinnati Commercial.)

"THE ARLINGTON," HOT SPRINGS, April 12, 1877.

The starting point from Hot Springs to the north and meridian line east and west is St. Louis. Hither there is but one route—the Iron Mountain and Southern Railway. The train leaves daily at 10 a. m., and arriving at Malvern, three hundred and eighty miles south, at 4:45 the next morning, connects with the train on the narrow-gauge railroad leading to the Springs. The distance of twenty-five miles is made in an hour, which brings the weary traveler to his destination in time for an early breakfast. At best it is a tiresome ride. The track of the Iron Mountain and Southern Railway is delightfully smooth, the coaches are comfortable, and the attention all that could be desired.

The narrow-gauge railroad from Malvern to this point is a private enterprise. It was built by Mr. Joseph Reynolds, of Chicago, better known as "Diamond Joe," for the line of "Diamond" steamers of which he is the owner. The Hot Springs Railroad is constructed in the best manner, and the coaches are beautiful and commodious. There is but the one daily line, intended merely for the accommodation of passengers. There is no freight line. There is no freight but that of invalid, gay and sporting humanity, and their luggage. It is surprising how much luggage some of the invalids bring. Saratoga trunks, hand-bags and shawls, and often packs of blankets, and enough kitchen furniture to stock a ranch. The most of the last kind of luggage is brought by people who have been here before. I need not add that some months were required to put the Hot Springs Railroad on a paying basis. The fare is \$2 50, rather more than double the customary railroad rate, but those who have traveled the old stage route consider it cheap at that.

There is nothing in all the ride from St. Louis here to arrest attention, let alone interest. Iron Mountain, is, of course, a curious study with its surface mining. The tramways are placed like a ladder from the top down, and the collection of ore is simply a leveling of the mountain. I was very much deceived in the appearance of Pilot Knob. The conductor took me to the rear platform of the train saying: "Now for seven miles we will ascend grade to the summit." It was not a tedious passage, and arrived at a point which seemed upon a level. I was told that it was Pilot Knob. I experienced just such a disappointment as I felt on the way to California when I reached the highest summit of the Rocky Mountains. It was as level as my hand, and excepting a sensation of difficulty of breathing, I would not have realized that I was up above the world so high. Then we steamed (a train of seventeen coaches with two mighty engines) down grade, score upon score of miles, at an easy pace. The other day, on the Iron Mountain and Southern Railway, we fairly coasted for fifteen miles with the speed of a

cutter, and with an exhilaration little short of that caused by the wintery sport. We arrived at Malvern at the earliest break of day. Here for the first time we could reckon the number of travelers bound for Hot Springs. There must have been a hundred in all, for the two coaches of the Hot Springs Railway were pretty well filled. It was raining in torrents when we boarded the train, and all the way over the rain fell in fitful gusts. Our little train treaded its way around and between the wild hills upon which even the growth of trees looked stunted. The foliage was at an incipient stage, and there were no wild flowers yet in bloom. The water poured in rivulets down the red gullies and were lost in the creek, which was nearly always in view from the cars. Seven miles from Hot Springs we stopped at a station which is one mile from the famous Sulphur Spring. To this point a great many invalids come every day for the benefit of their health.

HOT SPRINGS.

The appearance of the depot at Hot Springs, as we drew near, was truly metropolitan. The building is large and is surrounded by a covered platform, to which was backed up half a dozen stages and a large number of carriages. The stages are built something like mountain wagons, and are covered with yellow oil-cloth. On account of the rain the curtains were buttoned down closely, which gave them the resemblance to an ambulance. There was also a street car in waiting, and soon every vehicle was crowded with passengers. The question which agitated my mind much more than I admitted to my companion, was what would become of us. The word at the depot was that every hotel was full, and there wasn't a room to let in the "Valley." The depot is a mile from the headcentre of the "Valley" and as we came up I observed that there was only one street, that took the direction of the hollow between the mountains.

Beyond the busy thoroughfare, on the line of the railroad track, north and south, and branching off where the hollow takes a turn or widens into a genuine valley, there are picturesque and inviting homes that remind one of the outskirts of a watering-place.

Withal it is difficult to realize that there are between four and five thousand inhabitants. A great impetus has been given Hot Springs by the prospect of a settlement of land claims. There is wonderful business activity. There is a large amount of building going on, and the process is a rapid one. In the last three days I have seen from my window three two-story fifty-foot houses begun, completed and occupied. Two have saloons on the first floor, and were occupied and established on a paying basis the second day. All the buildings are wooden. Happily, the city is supplied with a fine fire engine, which is kept ready for service day and night. From this hotel, which is very large, there are escapes from every floor, in case of fire, to the mountain. Each story has wide halls leading directly out upon the mountain side, and there are porches or porch roofs running all around the front and sides, by which the safety of the guests in front of the house is secured.

It is not in the memory of the oldest inhabitant to say when Hot Springs first became the resort of invalids.

The peculiar hygienic properties of the Hot Springs no one has been able to find out. A very scientific physician here says they do not differ from any other tasteless, inodorous water.

"Why then," I asked Mr. S. M. Shoemaker of Baltimore, "could not the same benefit be derived from hot baths and drinking hot water at home?"

"It can't be done," he replied. "I tried it thoroughly. I built two metallic bath-houses, but they did no good. There is no way of transporting the water, either. It loses its virtue when exposed to the air. And yet the air thoroughly impregnated, as it must be here, must have a certain healing effect. We have the double advantage of a humid atmosphere and a mountain breeze."

While we were discussing the virtues of the waters, a lady remarked that what is known as "tonic food," is eaten in proportion to the large quantity of medicine taken. Beef tea, for instance, was drank by the wholesale. Some of the delicate ladies kept the tea constantly on the stove, and she "reckoned" they drank two or three concentrated oxen a fortnight. That was a little exaggerated, but the quantity really consumed was incredible. It was the same with delicacies in the way of fruits, everything in fact, but wines and other liquors; and the wonder was how many ladies were benefited notwithstanding.

There is, unquestionably, something in the place to give one an appetite, provoke sleep and invite repose.

There are parlor concerts beside. We have just been invited to one of them to be given to-night by Mr. Robertson, Mrs. Falley, Miss Stockton, and Mrs. Stewart, of Lafayette, Indiana. The natural inference would be that this gentleman and these ladies are to be the musicians, instead of which a famous banjo player is to be the single performer. In this way the wide, wide world is forgot at Hot Springs.

OHIO PEOPLE.

Among the guests at the Arlington is Mr. Amasa Stone, Director, Lake Shore Railroad. He is here with his wife. I have the honor of sitting at their table, and the pleasure of my stay has been very much enhanced by their society. Mr. Stone is improving perceptibly in health.

Geo. W. Chapin and family, Mrs. S. M. Hanna and daughter, and W. H. Corning and wife, are the other citizens of Cleveland here.

J. D. Ellison, of Cincinnati, Superintendent Little Miami Railroad, has just left, after a stay of six months.

I may also mention, as nearly akin to Cincinnati, a portion of the family of Hon. Joseph C. Holman, of Indiana, his daughter, Mrs. Fletcher, Miss Cox, a niece, and Mr. and Mrs. Ward, relatives.

Secretary Bristow was here for a short time, a few weeks ago.

The 28th of this month the Commissioners will meet at this point to set a price upon and sell the land of the United States reservation, known as the Hot Springs.

L. R.

HOT SPRINGS, ARKANSAS.

The following is taken from a pamphlet published by the St. Louis, Iron Mountain & Southern Railroad Company :—

THE HOT SPRINGS

Are fifty-nine in number, and issue from the west side of the southern spur of Hot Springs Mountain, the highest being one hundred and eighty-one feet above the level of the creek, while the lowest find vent in the bottom of the stream. The waters are clear, tasteless and inodorous. The highest temperature is 153 degrees Fahrenheit. An inspection of the accompanying map will show the relative location of the springs, and the curious fact that a line drawn around them represents the lower portion of the human leg and foot, and that the famous "corn holes" are located at the toes of the foot.

The lowest of these springs is six hundred feet above tide water at the Gulf of Mexico, while the highest is seven hundred and eighty-one feet above tide water. The estimated quantity of water discharged daily is about five hundred thousand gallons, enough to provide ten thousand persons with a bath in fifty gallons of water each day.

THE CHARACTER OF THE WATER

Of these springs, from a quantitative analysis made by David Dale Owen, exhibited the following qualities :

Silicates, with base.	Carbonate of Lithia.	Sulphate of Lime,
Bicarbonate of Lime.	Sulphate of Magnesia.	Arsenite of Lime.
Bicarbonate of Magnesia.	Chloride of Magnesia.	Arsenite of Iron.
Carbonate of Soda.	Oxide of Manganese.	Bromine.
Carbonate of Potassa.	Organic matter, a trace.	Iodine, a trace.
	Alumina, with Oxide of Iron.	

MEDICAL TREATMENT.

As most of the visitors to the Hot Springs for the benefit of their health find the advice and services of a physician necessary and important, it is gratifying to be able to state that that profession is ably represented there, and that the very best medical skill and ability can always be obtained when needed. In the treatment of the several forms of Chronic Diseases, for which these waters are recommended, the resident physicians have possessed the best opportunities to improve and extend their knowledge by actual experience, and have thereby acquired national reputations and become familiarly and favorably known in their profession throughout the country.

The following is the testimony of one of the most celebrated of these :

"The cures produced by the waters of these springs seem almost like miracles. It is impossible for words to exaggerate the facts, and the truth is stranger than any fiction that could be invented.

"I have seen persons—RHEUMATICS—who had not walked a hundred yards for years, restored to health and vigor by a few weeks' use of them. I have seen those who had been tortured for years by NEURALGIA and SPINAL DISEASE

relieved in a few days, and ultimately made happy by a perfect cure, by the use of this wonderful curative agent. I have seen the victims of SCROFULOUS diseases—with shattered constitutions, and the evidences of their terrible affliction exhibited upon every square inch of the surface of their bodies, and to whom existence was a condition of hopeless, humiliating misery—restored to perfect health by bathing their ulcers and drinking freely of these waters for a few months.”

BATHING AND USE OF THE WATER.

The place contains some excellent bath-houses. As most of the visitors travel hundreds of miles to bathe in these thermal waters, a description of the bath-houses and manner of bathing should be interesting. The physicians give special instructions and written or printed direction to each invalid after they have undergone a thorough examination.

THE CLIMATE AND HEALTH

Of the country about the Hot Springs is particularly favorable. The Ozark range of mountains acts as a guard against the extreme cold winds of the North and Northwest, and the climate generally is as mild and delightful as that of Southern Georgia and Northern Florida. Any season of the year is favorable for bathing, and at all seasons the weather will be found pleasant. In summer the mountains shade the valley until after nine in the morning, and again from three o'clock in the afternoon until sunset. The nights are always cool, there being no time when the visitor cannot sleep with comfort under a sheet or blanket.

The early voyagers who landed on our Southern coast were told by the natives of these wonderful life-giving springs, and the adventurous Ponce de Leon searched for them, believing they were the fountains of eternal youth. That De Soto found them there can be no doubt, as the evidences are indisputable that he was at one time encamped on the banks of the Ouachita, and the Indians in later times told the tradition of an army of white men who came with tattered banners and encamped beneath the solemn pines and branching oaks in the valley below the springs, and how they bathed in these waters and were cured. The Indians carried their sick and aged people there, and they may be called the first settlers.

There is no known difference in the efficacy of these waters at any season of the year. It is possible that some constitutions may be more strongly affected, or that some diseases may be more easily cured at one season than the other; but the difference, if any, exists in the invalid or disease, *not* with the water. The best plan is to make use of them at *any season* of the year when their benefits are needed, and they will prove to be equally efficacious at all times. By statistics, Arkansas stands at the head of the list of States for health, and has the lowest percentage of consumption.

ACCOMMODATIONS FOR VISITORS.

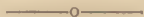
Hot Springs is well supplied with hotels and boarding houses. Five of the leading hotels charge for board, with room, from \$60 to \$80 per month; while the boarding houses and the smaller hotels charge all the way from \$30 to \$60 per month.

The United States Government is now offering for sale the property adjacent to the springs, and there can be no doubt that, within a year or two, Hot Springs will rival any American watering place in the size and style of its hotels. At present, the hotels at the springs are equal to the demand, and visitors will have no trouble in finding suitable accommodations at reasonable rates.

IMPROVEMENTS AND ATTRACTIONS.

The completion of the Railways begat other improvements. A street railway was built from the depot through the valley and town, ending at the *Park* on the north. New hotels were erected, among them the Arlington, Grand Central, Hot Springs, Avenue and Waverly, all of which were constructed with a view of accommodating the sick or well. New and better bath-houses were built, roads were laid out in every direction through the beautiful valleys and over the grand mountains, affording the most delightful routes for horse-back riding amidst the most enchanting scenery. A good road was made to Crystal Mountain, thirty miles distant, and an enterprising jeweler (J. M. Blake) set up a lapidary establishment, the first one opened west of New York. In this district are found the "Hot Springs Diamonds," many crystals, agates, porphyries and other stones, which are made by the hands of the skillful lapidary into jewelry of latest styles. These, and specimens of various kinds, picked up in places noted, or for which one has affection, in any part of the world, furnish most pleasant memories from the jeweled hand.

The mountain views are unsurpassed, while the beautiful streams in the narrow valleys, winding among the rocks, beneath the shade of the luxuriant growth of evergreens, oaks and holly, are as attractive as any in the world. The mountains offer every attraction to the lover of the chase; the bear, deer, wild turkey, and all the smaller game being found in abundance. The beautiful Ouachita river (pronounced Washita) passes within six miles to the southward, offering the rarest sport to the fisherman, either for a day or a week's camping out; shad are plentiful in this stream. To the lover of nature, to the invalid needing out-door exercise, where the attractions are so varied that the same route need not be traveled twice, Hot Springs and vicinity offer every inducement. So admirably adapted to the wants of health-seekers are all the surroundings, that the horses at the public stables have been selected for their easy movements, and horse-back riding is a favorite pastime and exercise for convalescent visitors

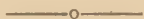


VISITING LITERARY PEOPLE

Are, in point of numbers here, largely in excess, persons who come to rest, with a view of reinvigoration, universally admit more relief in the shortest space of time, over any place they had heretofore visited. Men belonging to all the executive departments of the country are to be found here, including Governors, Congressmen, United States Senators, steamboat men, railroad men, ministers, professors, physicians, editors, newspaper correspondents, etc., besides the farmers, mechanics and tradesmen generally are strongly represented here.

We extract from the work of *John Kent Spender, M. D., Lond., Associate of King's College, London, Surgeon to the Mineral Water Hospital, Bath.*, upon the "*Therapeutic Means for the Relief of Pain*," being the Prize Essay for which the Medical Society of London awarded the Fothergillian Gold Medal in 1874, on page 166, as follows:

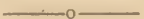
"Warm and hot baths are admirable remedies for pain. They mitigate or even take away the pain of some internal spasmodic affections, such as biliary, renal, and intestinal colic. With regard to the general object of the relief of pain, the Bath thermal waters are of immemorial value. The action of these waters and the ingenious appliances for utilizing them, deserve a special and local study; the Bath waters, says a writer of the last century, "are a medicine consisting of many ingredients, exquisitely united together by the inimitable chemistry of nature." Local pains of various kinds, especially lumbago and the aches of muscle-fatigue, are easily and pleasantly cured by soaking for twenty or thirty minutes in water the natural temperature of which is above 100° (Fahr.) Movements of the body in the water increase the therapeutic value of the bath; and its salutary effects are developed more quickly by the hot water being put in motion, *i. e.*, by a douche being directed on the painful part. As a matter of daily experience, recognized particularly by the professional staff of the Bath Mineral Water Hospital, the torments of lumbago and sciatica are often completely removed by frequent and systematic bathing, assisted by a douche at the same time. In the last century there was no scientific discrimination of gout, rheumatism, and rheumatoid arthritis—but all sufferers from these diseases were submitted to the healing influences of the Bath Waters, and generally with notable relief to pain."



BATH LIFE.

From McPherson's "The Baths and Wells of Europe, Their Action and Use:"

"When his journey is once over—when a patient is settled at a bath—the routine of home habits is altered; a special diet is usually enjoined, and sometimes adopted. Patients will often obey implicitly the directions they receive when away from home, who turn a deaf ear to the judicious, but as they think routine, advice of their home attendant. What does not by its novelty arrest the imagination is apt to be treated with indifference."



Bachelder, in his "Tourists' Edition of Popular Resorts," speaks of Hot Springs as follows:

"It is being rapidly developed, and in a few years will take its place as the Saratoga of the State."

We extract the following from a work on "The Mineral Springs of the United States and Canada, with Analyses," etc., etc., by Geo. E. Walton, M. D., Committee of the Medical Association of the State of Ohio, on the "Therapeutical Application of Mineral or Thermal Springs," published by D. Appleton & Co., New York :

THERAPEUTICS.

In pursuing this most important branch of our subject, we will treat separately of each disease in which mineral waters prove beneficial, and refer to the classes of water adapted to them.

Mineral waters are only applicable to the treatment of chronic diseases.

ACTION OF MINERAL WATERS.

Many, and, in this country, perhaps, the majority of visitors at springs journey thither, not because of any specific malady with which they are afflicted, but to obtain relief and rest from the harrassing cares of business, or the not less exacting demands of society. They go for diversion; they wish to leave for a time the dusty and traveled highway of life, and wander in the shaded by-paths. After a month or two passed at the springs they return home refreshed and recuperated, possessed of a vigor they may not have known for years.

The influences which thus prove restorative to those who are not the subject of disease, also contribute to the cure of those who are really sick. But, from acknowledging that change of air, scene, and exercise take part in the salutary result in disease, we are apt to overleap the legitimate conclusion, and deny that spring water has had any agency in benefits that have accrued. Nothing could be more unwise, and nothing more inconsistent with facts and the testimony of those who are regarded as the best authority in the practice of medicine.

In the study of mineral waters it is difficult to eliminate the causes which contribute to the cure of the patient. *Change of air* has a most remarkable effect in many diseases. *Change of scene* is another agency in the cure of certain diseases.

Those who are well experience a lightness and buoyancy of spirit, a positive rest and recreation, when they exchange the monotonous routine of business for the always varying views of a pleasure tour. How far the diseases of the hypochondriacal, the melancholic, and the over-tasked, are favorably influenced by the journey to a summer resort, and the mirthful society congregated there, it is impossible to determine. But these auxiliaries of mineral water treatment will never *modify or eradicate the gouty or rheumatic diathesis*, they will not arrest the formation of *gall stones*, they will not cure *catarrh of the bladder*, or relieve *diabetes*; all of which the waters themselves will do.

CONSTITUTIONAL AND GENERAL DISEASES.

Under this title are embraced cachectic diseases, depending on a peculiar vice or condition of the fluids and solids of the body—diseases due to a specific poison introduced into the blood from without, either by direct contact or by breathing an atmosphere charged with the infecting poison. Although they frequently present local manifestations, they do not uniformly affect the same portions of the body, and the person is in a condition in which it is impossible to say what part of the organism will testify to the morbid state.

The treatment applicable to the different forms of chronic rheumatism does not vary materially. In all the *thermal* (hot) *waters* should be chosen. The temperature of the baths need not be high; from 95° to 100° Fahr., is sufficiently warm when the rheumatism is of the ordinary chronic articular kind. A course of baths usually consists of thirty in succession. Thermal or hot waters in the form of baths and douches may be employed with great benefit for the purpose of removing gouty deposits.

SYPHILIS.

The method of treatment which has received most favor in this country, when springs are resorted to, is that by hot baths. This manner of elimination, by exciting all the emunctories of the system in an unusual degree, highly commends itself. In this way changes of tissue are wrought in a few weeks that would otherwise require years; and, along with the *debris*, the syphilitic poison is expelled. And when sulphur and saline waters are employed, the hot bath can not well be dispensed with; indeed, at all springs where this disease is treated, it is an important auxiliary.

METALLIC POISONING.

Workers in various metals are subject to various symptoms, both of the digestive and nervous systems, due to the slow absorption of the metal through the skin and lungs, producing a condition of chronic poisoning. Painters' colic is an ordinary form of this poisoning by lead. We may also class certain cases of syphilis that have been overtreated with mercurials under this head.

SCROFULA.

In this malady, or class of maladies, the best authorities bear uniform testimony in favor of the value of mineral waters. * * * Hence there is no resource but to send persons who have in vain tried cod liver oil, and other anti-scrofulous remedies, to some watering-place, in the hope that they may be among those to whom the baths will exhibit their anti-scrofulous virtues, which are by no means illusory.

CHLOROSIS.

The deficiency of the cellular elements of the blood—the red blood globules—is the prominent characteristic, the number decreasing so that they may not amount to one-half the usual quantity, while the other elements of the blood remain normal. Chlorosis is essentially a disease of early woman-

hood, and is in some unknown way connected with the process of development. The skin and mucous membranes are of a pallid hue, accompanied in some instances by a yellowish or greenish tint. The changes of scene, and air, and exercise, associated with a season at the springs, contribute largely to the effect of the waters.

The waters which have proved most efficacious in paraplegia are those of the thermal class. They are used both as a bath and douche. *Locomotor ataxia* is characterized by an inability to properly control the movements of the limbs in walking, though muscular force remains. It is due to organic changes in the posterior columns of the lower portion of the spinal chord. Niemeyer favors *thermal waters*.

NEURALGIA.

The *thermal waters* are those which most frequently produce favorable results.

ENGORGED LIVER.

In almost all chronic hyperaemic conditions of the liver mineral waters prove curative. In the application of mineral waters for the cure of engorged liver, it is exceedingly desirable to add the employment of prolonged warm baths to the internal use of the water, and warm douches over the region of the liver also, and the action of the water.

ANCHYLOSIS.

From whatever cause *false ankylosis* occurs, decided benefit or cure is always to be expected from the appropriate application of mineral waters. The waters to be preferred are thermal waters. A high degree of thermality is essential. The waters are to be employed in the form of warm baths to the body and hot douches to the joint. The douches should be accompanied with shampooing and friction. The internal use of waters at the same time probably aid in procuring absorption of exudations.

CONTRACTIONS.

In the treatment of this condition by mineral waters, regard is to be given to their causes; but the especial virtue of the waters depends on the warm baths and hot douches, such as are found at thermal springs.

DROPSY OF A JOINT

May arise from external injury, or it may depend on a rheumatic, scrofulous, or gouty constitution. Sometimes it is a result of syphilis. When the condition is chronic, mineral waters prove valuable in the form of warm baths and douches. Those *thermal waters* are especially valuable which answer the constitutional indications.

The following remarks are quoted from "The Spas of Europe," by Julius Althaus, M. D., Member of the Royal College of Physicians, London, Fellow of the Medical Society of London, and of the Society of German Physicians of Paris; author of "A Treatise on Medical Electricity," etc., etc.; published by Trübner & Co., London. In his "Preface" remarks, he says:

Mineral waters have a special claim upon the attention of the medical profession, not only on account of their remarkable physiological and therapeutical properties, but also because they are the only medicines offered to us by nature in a state fit for immediate use. In mineral waters we have a great variety of gentle, as well as powerful remedies ready prepared, which the experience of thirty centuries has proved to be of a most admirable composition so as to suit the most various diseases and constitutions.

We now quote from the book proper:

THE THERAPEUTICAL USE OF MINERAL WATERS.

The Greeks appear to have been the first to use mineral waters as remedies for disease. For this we have the testimony of Aristotle, and the pre-Homeric myth that Hercules had imparted power to the warm springs by bathing in them. Most of the thermal waters, in which Greece is so rich, were, in fact, sacred to Hercules, and numerous "Herculean baths" existed of old in all parts of Greece, Sicily and Italy. Hercules was likewise believed to have been the originator of the douche, and on some ancient coin, which were found near Himera, in Sicily, he is represented standing in a tub, with his broad chest exposed to a jet of water issuing from the mouth of a lion.

The oldest Greek physicians had great faith in the curative powers of mineral waters, and when temples were erected to the God of Medicine the priests of Aesculapius took care that these should be in close proximity to mineral springs. Places of this kind were not only destined for worship, but also for the cure of the sick; they were connected with medical schools, hospitals, theatres and other places of amusement for convalescents, many of which might have rivaled the contrivances existing for such purposes in a time which continually boasts of its civilization. The most remarkable of these was the sacred grove of Aesculapius, near Nauplia, which was the constant resort of the sick and feeble from all parts of Greece, it being the birthplace of Aesculapius, and therefore reputed to possess special curative powers. Pausanias relates that a great many columns existed in the inclosure, upon which were inscribed the names of those who had been cured there, as well as the nature of their maladies. Of the many edifices which existed in this grove, there are still to be seen the remains of a theater, in which, according to Dodwell, who visited it in the early part of this century, there were fifty-four pink marble seats in good preservation, and which were evidently contrived with the view of accommodating a feeble audience of convalescents.

Numerous fables were current in antiquity concerning the extraordinary effects of mineral waters. Several authors mention two springs which existed in Hestiaotis, in Thessaly, the first of which caused sheep to turn black, and the second changed them again to white, another near Clitorium, in Arcadia, which made the odor of wine insupportable to those who had once drunk of the water; the spring of Alysson, near Nonacris, which was a specific for hydrophobia; and another in Magnesia which improved the voice of singers. Herodotus mentions a spring in the country of the Ichthyophagi or fish-eaters, the water of which made the skin shine as if polished, and at the same time imparted to the bathers a perfume as of violets. This water was of such small specific gravity that pieces of wood and other light bodies did not float in it, but immediately sank to the bottom; it also possessed invigorating and life-prolonging powers, so that those who constantly bathed in it lived beyond one hundred and twenty years.

From the New Testament, we learn that thermal waters were extensively used by the Jews, before Christ; and that "*a great number of impotent folk, of blind, halt and withered, lay in the porches of the lake of Bethesda,*" (which in Hebrew means House of Mercy, or Charité), "*by the sheep-market at Jerusalem, waiting for the moving of the water;*" and that "*whosoever first after the troubling of the water stepped in, was made whole of whatsoever disease he had.*"

On their great conquest of Greece, the Romans became acquainted with warm bathing, which they soon learned to appreciate. One of the first who erected thermal baths in Rome, was Scipio Africanus. The fashion soon spread, and at the time of Columella and Ammianus Marcellinus, there was scarcely a village in Italy without such establishments. The most luxurious baths were erected by Titus, Diocletian, Hadrian, Antonius and Caracalla. More attention was at the time directed to natural hot springs, a great number of which were then found to exist in all parts of Italy; and Bajæ, Puteoli, Stabizæ and Cumæ, became the most fashionable watering places.

In the course of their warlike expedition to other parts of Europe, and to Asia and Africa, the Roman Generals used to station their troops where they encountered hot springs, which had become almost a necessity for them; and large and comfortable bathing establishments were erected at most such places. The Romans discovered a great many of the most important thermal waters in France, England, Germany, Spain, Portugal, Belgium, Pannonia, Transylvania, and even Africa. Mr. Tristram in his recent work on the Sahara, informs us that on the eastern extremity of the desert, in the oasis of El Kantara, there exist the ruins of a Roman town and thermal baths, near a natural basin which receives the contents of a hot spring and which had no doubt decided the selection of the site.

Pliny mentions a very large number of mineral springs in all parts of Europe. He speaks especially of the waters of Bajæ, which were so hot that they were used for heating cold baths of the springs of Puteoli, which were believed to be a specific remedy for diseases of the eye; of the Thespian spring in Boeotia which made women fertile; of the spring of Linus, in Arcadia, which prevented abortion; and the hot springs of Mattiaci, (Wiesbaden), which cured rheumatism.

Caelius Aurelianus who practiced at the end of the second century, recommended mineral waters for a number of diseases. Patients suffering from paralysis after apoplexy were sent by him to the thermal baths of Padua and Siena; such as complained of torpidity or blennorrhæa, were advised to use the Albula, and for stone in the bladder he prescribed the alkaline saline waters of Ischia.

Experience has shown that even during severe winter, they may be employed with the utmost advantage. There are many diseases from which a mineral water cure proves more successful than any other treatment, and where it would be wrong to delay at all the use of the waters, as in the meantime the complaint would probably be aggravated, and the chances of a cure be thus lessened.

The following is quoted from M. Durand—Fardel's—General Dictionary of Mineral Waters :

DISEASES OF THE SKIN.

Waters of feeble mineralization are reputed appropriate to cure diseases of the skin. It is thus with alkaline, bi-carbonated waters, which are especially applicable in exanthemous (skin) affections, with a specific dyscrasia (a diseased state of the blood.)

Among the waters called by the Germans indifferent (which are hot springs) there are hardly any at which cutaneous affections are not treated, and where they do not obtain the most satisfactory results.

SYPHILIS.

The veritable use of mineral waters is better determined to-day. They represent a very useful auxiliary in the specific medication of this disease, subordinated according to the occasion, to the march of its manifestations, to their complications, to the development of the cachectic state, and to the effects of treatment.

PARALYSIS.

Waters feebly mineralized (these are the class of waters the Hot Springs are classified with) find, above all, application to cases of paralysis.

PARAPLEGIA.

Waters of a relative feeble mineralization in comparison with those of which we have spoken, approximate themselves in their action upon paralysis of the lower limbs by their quality of an elevated (hot) and virtually powerful temperature.

One comprehends that the bathing processes assume a capital importance, being directed, for the most part, for the purpose of procuring abundant perspiration, and of obtaining the salutary revulsion.

RHEUMATISM.

It presents this particular indication, that it is almost independent of the quality of the waters, or their peculiar mineralization; it requires only the union of two factors: 1. High temperature; 2. The intervention of hydrotherapeutic agents. One could not know precisely how to obtain from ordinary soft waters of an equal temperature the same effects that are obtained from mineral waters. It is thus that mineral waters and the less mineralized of them offer this peculiarity, that their application determines always a certain degree of excitation of the functions of the skin, and a peculiar tonic which entirely distinguishes them from soft waters.

THERAPEUTICAL USES OF THE ALKALINE MINERAL WATERS.

(Taken from Prof. Roberts Bartholow's Treatise on Materia Medica and Therapeutics.)

"As we have seen that alkalies, taken before meals, increase the production of acid gastric juice, the alkaline mineral waters are serviceable in atonic dyspepsia. They are especially useful in *catarrh of the duodenum and of the bileducts*, and in *jaundice* dependent on this state of the mucous membrane. In *incipient cirrhosis*, in *congestion of the portal circulation*, and in *hemorrhoids*, due to the hepatic obstruction, they render important service. *Obesity*, which is frequently diminished by a course of alkalies, is better treated by alkaline waters, for, at the springs, these patients can be induced, more easily, to conform to the plan of exercise and diet necessary in these cases.

The alkaline springs have long had a deserved reputation for the cure of *gout and rheumatism*. With the internal use of the waters should be conjoined baths, douches, &c. *Gout and rheumatic affections of internal organs* are equally amenable to the same treatment.

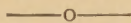
These alkaline waters, long used, are especially serviceable in the so-called lithic-acid diathesis. There is little doubt that the continuous use of alkaline waters for a long period will cause the solution of *uric acid renal calculi*. When *diabetes* is hepatic in origin, and occurring in obese subjects, the alkaline mineral waters are extremely useful."

BEST ROUTE FROM THE EAST TO AND FROM
THE HOT SPRINGS OF ARKANSAS.

At *New York* or *Philadelphia* passengers can purchase tickets and sleeping berths through to the Springs, via Pennsylvania, Pan Handle, Vandalia, and Iron Mountain Railways. By this route through Pullman Palace Sleeping and Drawing-room cars are run from New York and Philadelphia to Malvern *with but one change*—at St. Louis. At Malvern, direct connection is made with the Hot Springs Narrow Gauge Railway, running through to the Springs in one hour.

Returning, the same facilities are the attraction for the invalid and tourist. The above railways are among the best

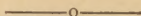
in the United States—smooth tracks, steel rails, stone ballast, free from dust. The equipment, the finest and most durable in use. This, with the Block Signal System and Westinghouse Air Brake for the control of its trains, makes this line superior to all others.



DISTANCES TO HOT SPRINGS, ARK.



FROM	Miles.	FROM	Miles.
Atlanta, Ga.....	651	Louisville, Ky.....	580
Augusta, Ga.....	822	Malvern, Ark.....	25
Austin, Tex.....	455	Marshall, Tex.....	201
Baltimore, Md.....	1,342	Memphis, Tenn.....	203
Boston, Mass.....	1,540	Milwaukee, Wis.....	768
Buffalo, N. Y.....	1,116	Mobile, Ala.....	625
Cairo, Ill.....	318	Nashville, Tenn.....	435
Chattanooga, Tenn.....	513	New Orleans, La.....	598
Charleston, S. C.....	959	New York City.....	1,467
Chicago, Ill.....	683	Omaha, Neb.....	890
Cincinnati, O.....	690	Philadelphia, Pa.....	1,377
Cleveland, O.....	933	Pittsburg, Pa.....	1,032
Columbus, Ky.....	324	Richmond, Va.....	1,083
Dallas, Tex.....	347	St. Louis, Mo.....	413
Denver, Col.....	1,327	St. Paul, Minn.....	1,092
Detroit, Mich.....	907	San Antonio, Tex.....	668
Fort Worth, Tex.....	379	San Francisco, Cal.....	2,806
Galveston, Tex.....	505	Salt Lake, Utah.....	1,960
Houston, Tex.....	455	Savannah, Ga.....	954
Indianapolis, Ind.....	653	Sherman, Tex.....	280
Kansas City, Mo.....	688	Texarkana, Ark.....	126
Little Rock, Ark.....	68	Washington, D. C.....	1,316



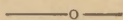
BATH HOUSES.



The place contains some excellent bath-houses, the chief ones being Balentyne's big iron bath-house, just constructed at the Great Iron Spring, and the Rector bath-house, adjoining the Arlington Hotel. The Hot Springs and Grand Central Hotels also have bath-houses in connection with them.

HOTELS

The more prominent hotels of the place are the Hot Springs Hotel, Arlington Hotel, Grand Central Hotel, St. Cloud Hotel, Sumpter House, American Hotel, Avenue House, Waverly House, &c. The main hotels of the place only are mentioned, there being many smaller places which furnish first-class private accommodations, giving to the visitors their choice between first-class private boarding in private houses, or that of hotel accommodations equal to any in the country. By looking at the number of hotels mentioned, it will give the reader a general idea of the magnitude of the transient hotel business at this celebrated resort.



THE CLIMATE AND HEALTH

Of the country about the Hot Springs is particularly favorable. The climate generally is as mild and delightful as that of Southern Georgia or Northern Florida. At all seasons the weather will be found pleasant. In summer the mountains shade the valley until after nine in the morning, and again from three o'clock in the afternoon until sunset. The nights are always cool, there being no time when the visitor cannot sleep with comfort under a sheet or blanket. During the hottest days the temperature seldom reaches beyond 93 degrees and never over 95.

At the Hot Springs we have mountains of moderate elevation, a semi-Southern climate, and freedom from the extremes of heat and cold. Those accustomed to the sea shore will here have no violence inflicted upon the lungs by rarefied atmosphere; invalids of a cold climate are not exhausted by excessive heat. Those from the warmer countries find relief in the summer.

Arkansas stands at the head of the list of States for health, and has the lowest percentage of consumption. This healthy country, of excellent climate, of mountainous as well as lower lands, gives forth Medicinal Springs of both hot and cold waters, and of many varieties.

PHYSICIANS.

The medical profession of this city will compare favorably with that of any city in the Union. It is composed of gentlemen from all points of the compass, representing every school of medicine. For a long time the idea prevailed that the waters of the springs were sufficiently efficacious in most diseases which are relieved here, to dispense with medicine, but of late years this has been proven to have been fallacious, and now all parties who visit this place for health, put themselves under the care of a physician, who says to his patients: first, follow directions closely; drink no liquor; use no tobacco; bathe regularly; drink the waters freely; take regular exercise; keep regular hours, and eat plenty of digestible food.

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The Hot Springs of Arkansas are called by many the Baded Baden of America."

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Since the body of this work has been printed, the Hot Springs Hotel has been burned down.

PASSENGER AGENTS OF THE ST. LOUIS, IRON MOUNTAIN & SOUTHERN RAILROAD COMPANY.

E. A. FORD, General Passenger Agent, St. Louis, Mo.
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W. H. WINFIELD, Ticket Agent, Texarkana, Ark.
N. S. MORSE, Agent, Columbus, Ky.
J. C. ZIMMER, Agent, Cairo, Ill.

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HOT SPRINGS RESERVATION.—The Hot Springs Reservation contains four sections, or 2,560 acres.

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HOT SPRINGS RAILROAD.—The Hot Springs Railroad was constructed by Diamond Joe Reynolds, of Chicago. It connects with the St. Louis, Iron Mountain & Southern road at Malvern, 25 miles from Hot Springs.

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HOT SPRINGS' SURROUNDINGS.—Within a few miles of this place are the Sulphur, Mountain Valley, Chalybeate, Snow's and Iron's Sulphur Springs. The waters of all these springs are highly medicinal, and are fine adjuncts to this place. Being surrounded, as this place is, with springs of such varied properties, suggests that nature intended it to be the great sanitarium of the world. Certainly it is not predicting too much to say that within a few years it will far surpass any watering place in America. Each year there is a marked increase in the number of visitors.

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HOT SPRINGS

OF ARKANSAS,

THE AMERICAN RESORT

FOR

REVITALIZATION OF THE SYSTEM

AND THE

CURE OF CHRONIC DISEASES.